

Hey, and welcome to the Supreme String Secrets. If you've managed to find this program, it most likely means that you're not just a passionate string player, or an aspiring one. You're someone who has probably gone through a wealth of information on string instruments – or has a desire to surround yourself with the most effective information to make you a better musician. We live in a world where music is all around us – more so than almost any other period in known history. It's only fitting that we become more adept at expressing ourselves more fluently through this medium.

As a musician and string player myself, I've devoted my life to expressing myself and helping others to do the same more effectively because it's the very foundation of our existence as human beings. There has never been a society that lived without expressing themselves in some way, and I'm sure there are none that have ever done it without a form of music. String instruments were played in Europe, Africa, Asia, and many other areas. Wind instruments were blown across the world, whether to begin wars, warn of incoming danger, or celebrate life and victory. Any way you may have seen or imagined these instances of expression, they were most likely done as fluently as speaking. Someone might sit down and play a sitar while others dance nearby. War horns may be blown as warriors rush forth into battle. Spanish lovers might sit together and serenade each other with a guitar or viola.

Any way I look at it, people play instruments. We don't just try to play them. They aren't supposed to be unwieldy and awkward, and I'm quite sure we aren't only supposed to achieve that after our 10,000th hour of practice. In the world we live in, though, people who seem to manipulate instruments with the pinnacle of comfort are called virtuosos, and are looked up to, as if they've achieved a near-unattainable goal.

Instruments are meant to be like a part of us. We're supposed to be able to use them, at nearly any skill level. Sure, the amount of skill you possess and the realizations you get during practice will improve the quality of what you can do with your instrument. However, we should at least be able to avoid the instrument becoming a burden on our bodies and play what we can – whether it may be “Twinkle, Twinkle, Little Star” or Niccolò Paganini's 24 Caprices with ease.

Throughout this program, I'll be demonstrating new ways to maneuver and manipulate your string instrument – some small, some pivotal – that will help you develop a more intimate, fluid relationship with it. We will be breaking rules. We will be reinventing some old ideas. You may need to open your mind more than you have done before when it comes to string playing, and that's good. Learning new things always leads to improvement, and virtuoso musicians always push themselves to their edges to see music in new ways.